

INFLUENCING LASTING LIFESTYLE CHANGE THROUGH HEALTH & WELLNESS COACHING

The Effective Health and Wellness Coaching Process



SELF ASSESSMENT/SELF DISCOVERY

- » where you are
- » where you want to go
- » what you need to get there

FOUNDATIONAL WORK ON SELF

- » take a life inventory
- » zeroing in

SETTING THE FOCUS

- » determine readiness to change
- » explore action steps
- » uncover benefits and barriers

WORKING THROUGH HABIT & ENVIRONMENTAL SUPPORT

- » set specific goals and action steps
- » who can help you
- » who can support you

INITIAL BEHAVIORAL CHANGE

- » support stage
- » instilling belief and confidence
- » gain insights

DEEPER WORK ON SELF

- » commitment to change the way you live your life
- » take action to change perceptions of self

LASTING BEHAVIORAL & LIFESTYLE CHANGE

- » maintain change through continued self examination
- » new habit takes lots of repetition and support
- » rewards are realized

Goal of Changing: To move along the change continuum



“Coaches provide structure and assistance, but it is ultimately the client who gets to where they need to be. The coach’s role is to raise client conscious effort to increase the support they need to develop their own plan.”

- DR. MICHAEL ARLOSKI